



news and information  
for employees of the  
City of Saint Paul

**December 14, 2001**

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### Councilmembers

*Dan Bostrom,  
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*Jay Benanar*

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## What do you think?

It's time to take stock in ourselves. We want to know what you think about the City Update newsletter so we can make decisions on what we should change, what we should keep, or whether we should just chuck it all.

We think we know the answers to some of these questions, but we'd like to know what you think. That may change our decisions.

Do you read the City Update regularly?

never seldom usually often always

☐ ☐ ☐ ☐ ☐

see WHAT DO YOU THINK? on page 2

## Putting the "happy" into your holidays

The holiday season is quickly approaching... along with all the hustle and bustle of getting ready for it. For some, this doesn't always feel like "the most wonderful time of the year." The trick to is to focus on family and fun without breaking our spirits, blowing our budgets, or expanding our waistlines. How?

- Set realistic expectations: Trying to recreate a magical holiday from our childhood is usually futile and only sets us up for failure. Consider a cookie exchange instead of making a dozen favorites yourself. Make family gatherings potluck instead of preparing everything yourself. Find more efficient ways to shop (online, or by catalog, or phone).

- Plan ahead: Nothing creates holiday stress like last-minute shopping and preparations. Make lists and tackle an item every day.

- Set a budget: If you have many people to buy for, choose names and buy for just one person. Set a limit on how much you are going to spend on gifts or give gifts from the heart.

- Be realistic about family: Recognize that many families have conflicts; not everyone will behave

see "HAPPY" IN YOUR HOLIDAYS on p. 2

## New Workers' Compensation Managed Care Plan

Effective January 1, 2002 the City is changing Workers' Compensation managed care providers from Preferred WorkCare to HealthPartners. Preferred WorkCare will no longer be authorized to handle or direct case management on City Workers' Compensation claims, and Minnesota Occupational Health Clinic will no longer be the designated clinic.

Earlier this fall, requests for proposals were sent to several potential vendors, and the City subsequently selected HealthPartners to be the new Workers' Compensation Managed Care Plan (WCMCP) provider.

Within the next week, employees will receive a packet mailed to their home which will include specific program information, and new procedures for work-related injuries. HealthPartners staff will be available to give presentations to groups of employees explaining the new procedures.

Supervisors can contact Sandra Bodensteiner, Risk Management (sandra.bodensteiner@ci.stpaul.mn.us or 651-266-8887), to schedule a convenient time for these employee meetings.

[www.ci.stpaul.mn.us](http://www.ci.stpaul.mn.us)

*Places to go. Things to do.*

[ilovesaintpaul.com](http://ilovesaintpaul.com)

WHAT DO YOU THINK? from page 1

How much of City Update do you read?

0-20% 20-40% 40-60% 60-80% 80-100%

☐ ☐ ☐ ☐ ☐

Please check the features you would like MORE of in upcoming City Updates.

Employee features Department news

☐ ☐

Wellness news Credit Union news

☐ ☐

Please check the features you would like LESS of in upcoming City Updates when time or space are limitations.

Employee features Department news

☐ ☐

Wellness news Credit Union news

☐ ☐

How often should the City Update be published and distributed?

never quarterly monthly bi-weekly weekly

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Thank you for completing this survey. We value and appreciate your input. This survey is also available online at [www.ci.stpaul.mn.us/cityupdate/survey](http://www.ci.stpaul.mn.us/cityupdate/survey). Of course, please complete only one survey.

If you have more comments or suggestions for future articles, please send them, too.

Clip and send this via your inter-office mail to:

City Update Editor  
170 City Hall



"HAPPY" IN YOUR HOLIDAYS from p. 1 perfectly just because you're getting together. Defer settling family arguments until another time. Keep visits short if necessary.

- Beat the holiday blues: If you don't have a family, make plans to spend the holidays with friends. Volunteer work can do wonders for your own well being.
- Learn to say "no": You don't have to accept every invitation or feel obligated to attend every event.
- Take care of yourself: Set aside some time daily for rest and renewal.
- How not to overindulge at holiday gatherings: Never go to a party hungry; eat carbohydrates or fiber beforehand. Wear an outfit that fits well rather than one that is loose-fitting. Set an alcohol limit before you go: e.g., one drink, then sparkling water. Look over the entire buffet before you make your selections. Take small portions and politely decline seconds.

## Try Park & Ride!

Rather than driving alone to work, why not try parking, then riding? Park and Ride lots are specially designed for commuters and they're located all over the metropolitan area. Park & Ride lots are perfect meeting places for carpools and vanpools and you can also catch a bus to work or school. Some of the locations even have bike lockers so you can bike to the Park & Ride lot, park your bike in a safe, secure locker and then bus or pool the rest of the way.

At right are sixty-seven communities with Park & Ride bus service. To see if Park & Ride will work for you, check out [www.metrocouncil.org/transit/parkride.htm](http://www.metrocouncil.org/transit/parkride.htm) or the Ramsey County Transportation Intranet page at [www.co.ramsey.mn.us/intranet/hr/transportation/](http://www.co.ramsey.mn.us/intranet/hr/transportation/)

Anoka	Fridley	Princeton
Apple Valley	Golden Valley	Prior Lake
Birchwood*	Hastings	Richfield
Blaine*	Hopkins	Robbinsdale
Bloomington*	Inver Grove Hts*	Rosemount
Brooklyn Ctr	Lake Elmo*	Roseville
Brooklyn Pk	Lino Lakes	St. Louis Park
Burnsville	Little Canada*	St. Paul*
Centerville	Maple Grove	St. Paul Park*
Champlin	Maplewood*	Savage
Chanhassen	Mayer	Shakopee
Chaska	Medina	Shoreview
Coon Rapids	Mendota Hts*	Shorewood
Cottage Grove*	Minneapolis	Spring Park
Crystal	Minnetonka	Stillwater*
Deephaven	Mound	Vadnais Hts
Eagan*	Moundsview*	Wayzata
East Bethel	Navarre	West St. Paul*
Eden Prairie	New Brighton	White Bear Lake*
Edina	Newport*	White Bear T'ship
Elk River	Oakdale*	Woodbury*
Excelsior	Plymouth	Wyoming
Forest Lake	* Direct bus service to Saint Paul	

## City job openings as of December 14th, 2001

Application deadline	Job title	Bi-weekly or hourly salary rate	Exam date
12/20/01	Accountant V (prom)	\$2122.56	12/31/01
01/07/02	Civil Engineer I	\$1463.41	See Job Ann
12/19/01	Custodian-Engineer I - Public Safety	\$18.00 per hr	See Job Ann
Open	IS Information/Technical Analyst II	\$1436.07	See Job Ann
Open	IS Information/Technical Analyst III	\$1592.36	See Job Ann
Open	IS Systems Support Specialist II	\$1179.37	See Job Ann
Open	Recreation Leader (part-time)	\$9.05 per hr	See Job Ann
12/24/01	Vehicle Mechanic (Heavy Truck & Equipment)	\$21.29 per hr	See Job Ann

\*\* This is a walk-in-examination. Do not submit a job application before the test.

Note: Call or visit the Office of Human Resources to receive the official job announcement for these positions. Location: 400 City Hall Annex. Phone: 651-266-6500 (TTY/TDD 651-266-6501) or visit the web site: [www.ci.stpaul.mn.us/jobopenings](http://www.ci.stpaul.mn.us/jobopenings). For jobs announced after December 6th, please call our 24-hour job line, 651-266-6502.